

**Sadguru Udghosh**  
**Shrimad Rajchandra Vachanamrut**  
**Updeshchhaya 9 – 3 Summary**  
**(15.11.19 Morning)**

Please Note: This is an English summary of the Udghosh by a seeker, Rimaben Dhanky from Dubai and has been uploaded here for the benefit of the English reader.

**Updeshchhaya-9, which was given in Vadva on Bhadarva Sud Teras, Saturday in Samvat 1952. “To reduce the flaws, the Enlightened One’s words have said these words. They should be remembered, if they are understood properly if you listen and contemplate on them, then naturally the soul will become pure. In doing this, not much effort is needed. But if those words are not contemplated upon, flaws will never get reduced.”**

Time spent for spiritual accomplishment is innumerable (asankhyat) samay (moments), but its fruits are for infinite (anant) time. It is never-ending. This is a great deal. You put in effort for a short period and you will experience bliss forever. You have to become aware and start your spiritual pursuit. If you remain in pure thoughts and feelings for 48 minutes, you will be liberated forever, there will be no prompting desires. If you remain in good thoughts and feelings for 48 minutes, you will get innumerable years of celestial abode. If you remain in impure thoughts and feelings for 48 minutes, you will get innumerable years of hell. Look at the spiritual mathematics. If you remain in impure thoughts and feelings for 48 minutes, even if you have asked for forgiveness, you will get innumerable years of hell, this mathematics depends on the intensity of the thoughts and feelings.

There are four characteristics of bondage/bandh- At the time of bondage of karmas to the soul, four characteristics of karmas are decided. They are: 1) Prakriti (nature). 2) Pradesh (quantity). 3) Sthiti (duration). 4) Anubhag/Ras (intensity). In these four, prakriti bandh and pradesh bandh are happening because of the association of mind, speech and body. But sthiti bandha and ras bandh happen due to passions (kashay). If sthiti and ras are intense, then there is a long term bondage for a soul. Become aware and spend your time in spiritual pursuits.

You must manifest the infinite power of your soul. If you use this power in sensual pleasures and passions, there will be bondage of severe fruition of obstructive karma. With this obstructive karma, you might become a tree because of that, you will get birth into one-sense being. You will have to suffer the heat, rain, cold season, someone may hit your body for latex, etc. You won’t be able to respond or react at all. You will feel the miseries and troubles, but you can’t express anything.

Satsang is the most beneficial business for you. But only listening or reading will not serve the purpose. You have to reach from listening to experiencing it. If you say that the soul is blissful, you should experience it. **This is the journey of four steps. 1.**

## **Listening. 2. Thinking and contemplating. 3. Reflecting. 4. Experiencing.**

Listening does not require much effort. For the second step, you need to revise and repeat. Revision is a systematic understanding. Then you have to keep repeating and contemplating. Then reflect on it more and more, finally experience it in your life. If these are the steps, you have achieved something. If you put something in your mouth, it is listening. If you chew it, that is repeating and contemplating.

There are some methods of swadhyay, which itself is shravan (Listening) and manan (Repeating and contemplating). There is no command in these methods, it is a structure or a guideline, you can structure your method. A layman needs a formula to follow. When it is in the form of an acronym, it is easier to remember the words.

GROW= Greet, Read, Observe, Write and POWER= Prayer, Observe, Write, Envision, Respond. When you start swadhyay with such formulas, you will not do it mechanically. You will pull in the glory of the scripture, thoughts, feelings, intentions. This way, your swadhyay won't become superficial. Simply reading and listening won't help. Manan (repeating, contemplating) and Nididhyaasan (application) should be there.

If your swadhyay does not have interaction and application, it won't help you to grow. You need powerful methods to grow because it will not only call for your attention, it will also prompt you to apply the life-changing messages of the Lord. The main purpose behind it is how you utilise your personal time with Lord. The moment you feel it is mechanical, change your method. If the Guru does not fidget you, you will become mechanical. The Enlightened One's mood creates the welfare of the world. The ignorant ones mood creates chaos in the world. Spend your quality time, personal time, quiet time in His presence, deepen your relationship with Him. It will not only increase messages **from Vachanamrutji**. Experience the fullness of joy, which you have never found in your worldly sensual pleasures. Take out a minimum of five minutes in reading Vachanamrutji and make it deep. Unless it is deep, it won't give you fruits.

**GROW Method: GROW= Greet, Read, Observe, Write.** G=Greet the Vachanamrutji. Just don't start reading. 1. Grab your copy of Vachanamrutji. For doing swadhyay, Vachanamrutji is only comfortable. Sit in a quiet place, keep your phone on silent. 2. Before you open the book, you have to show your humility by offering salutation physically and mentally. 3. Fold your hands to invite Prabhu in your quiet, personal time. 4. You make yourself ready for this session to be a powerful one. There has to be quietude of the place as well as feelings.

R=Read. 1. Feel Prabhu's presence there. 2. Read a few times, minimum twice. 3. Dig deeper and dwell into the message behind the sentence. Understand the intent of it. 4. Go slow, receive, absorb more and you will get more. You get amazed that in such a small letter, so much is said. At every word, you feel like pausing. Every reading should become slower and slower.

O=Observe. Now you are no more reading. You have transcended into observation. Observe the message that stands out. E.g. Detachment is the only fearless thing, rest everywhere there is fear. What is Param Krupalu Dev trying to impress on my heart? 1. Which message stands out? 2. What is He impressing on my heart? What does He want me to retain? 3. Any commands for me, which I have to obey or avoid - do's or don't's? 4. Identified and contemplate.

W=Write. You are making your prayer. Write His words back to Him. Prabhu, You said, "Increase your dispassion and subsidence." Now Prabhu, please help me in making my dispassion stronger, please bless me with subsidence. 1. Write down your observations. 2. Make a prayer, write the Lord's words to the Lord. 3. Express your gratitude or apologise. Don't try to act smart. Whatever mood you have, you apologise. You can ask for some more power to do better by saying please. Please, sorry and thank you are the only connecting mood with the Lord. Rest of the moods should be destroyed. 4. Just ask for His help. Feelings of your heart should come in your prayer.

**POWER method:** POWER= P=Prayer, O=Observe, W=Write, E=Envision, R=Respond.

P= Prayer. 1. You are showing your humility in the form of mangalacharan or simply talking to Him. 2. Oh, Lord, help me to focus on You in this personal time. 3 Just talk about what is in your heart today. Quiet time with God has to be powerful.

O=Observe. 1. Read. 2. A word, a sentence or overall message from the letter should stand out, shout out to you. 3. You are learning more about Param Krupalu Dev, His inner state, the original audience and you. You can just observe the eligibility of the original audience, where was he getting stuck etc. will be seen. All the Enlightened Ones have the same opinion, but all are not Enlightened Ones. You have to dig deeper to find out more, use your discretion, otherwise you will get confused. Do not mess up introspection and meditation. Sometimes Prabhu asked for introspection and see your impurities and sometimes He asked for meditation. You should know the original audience. How did Prabhu prepare Muni for the self-realisation? Why did Prabhu write like this to Muni? 4. More you think and feel about the letter, more you will dwell into it.

W= Write. 1. When you write, you slow down, you absorb more. 2. You are eating it and savouring it, relishing it. Whatever you savour, you retain. If you savour, even if you can't remember much, you will retain the gist. 3. How it must have influenced Pujyashri Ambalalbhair, Prabhushriji? How it is influencing me? 4. Let your heart walk with it.

E= Envision. 1. Connect your past and present to envision your future. What is Prabhu saying to me? 2. How will I apply it in my life? 3. What are the changes that are needed? Keep dreaming 4. You start understanding from different angles.

R=Responding. Here you are responding. Respond before it gets lost in thin air. 1.

Action plan- It should be a very short action plan, wherever you have decided to keep your awareness. 2. Claim promises. Give me 3-4 days, I will annihilate my impurity that is there since infinity. Then You won't see this impurity any more in me.

In these methods, there is a lot of learning, growing and awakening. At one point, you will be tired of accumulating knowledge, you need to deepen your love, your relationship with Him. That will bring awakening.

All the best.